

BUILDING BETTER ATHLETES



# HYDRO

AMINO ACIDS + ELECTROLYTES

6000MG  
BCAA

&

3000MG  
TAURINE

&

900MG+  
ELECTROLYTES

HYBRID  
HYDRATION

ELECTROLYTE  
SUPPORT

PERFORMANCE  
RECOVERY

RASPBERRY LEMONADE  
25 SERVINGS PER CONTAINER

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## DIRECTIONS FOR USE

Mix 1 scoop  in 24oz of water  for every hour of training 

Our athlete designed formula is fortified with amino acids, to fuel the muscle and aid in the recovery process.

We support your training and racing by providing triple the average electrolytes per scoop. This helps to replenish vital minerals lost in sweat.

### Supplement Facts

Serving Size 1 Scoop (14.7g)

Servings Per Container 25

	Amount per serving	% Daily Value
Total Carbohydrate	1 g	< 1%*
Vitamin D (as Cholecalciferol)	2.5 mcg	13%
Calcium (as Calcium Citrate)	50 mg	4%
Magnesium (as Magnesium Bisglycinate Chelate)	10 mg	3%
Sodium (as Sodium Chloride)	500 mg	22%
Potassium (as Potassium Citrate, Potassium Chloride)	350 mg	7%
BCAA 2:1:1 (L-Leucine, L-Isoleucine, L-Valine)	6000 mg	**
Taurine	3000 mg	**

\*Percent Daily Values are based on a 2,000 calorie diet.

\*\*Daily Value not established.

#### OTHER INGREDIENTS:

Citric Acid, Natural Flavors, Calcium Silicate, Silicon Dioxide, Sucralose, Beet Root Powder (for color), Acesulfame Potassium

#### ALLERGEN INFORMATION:

This product was manufactured in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and shellfish

#### CAUTION:

Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18 and individuals with a known medical condition should consult a physician before use.

KEEP OUT OF THE REACH OF CHILDREN.